

# 29th PARKLAWN CLASSIC FRIDAY, APRIL 23rd, 2004, 11:00 a.m. / RAIN OR SHINE

PARTICIPANTS MUST BE CURRENT OR PAST EMPLOYEES OF DHHS

Parklawn 5B-41, Attn.: Robyn Evans;

# GENERAL REGISTRATION

### FIVE (5) MILE RUN 11:00 A.M.

 □AWARD STRUCTURE: All finishers receive a "Classic" Award T-shirt. Trophies, Medals, and AGE GROUP awards. See distribution on back.

> • Fee \$10 by April 21; \$20 on April 22; THORIM PERSON at: make checks payable to: Parklawn R&W • NO RACE DAY REGISTRATION FOR RUN • COURSE LAYOUT on back.

- Parklawn Building Mgmt. Branch Rm. 5B-41, Parklawn Building: (301) 443-6340
- Parklawn R&W Store (walkers only) Rm. 5-01, Parklawn Building: (301) 443-1949

RUNNERS/WALKERS, REGISTER BY MAIL to:

- Bethesda Towers

no later than April 16,

2.5 MILE HEALTH WALK 11:00 A.M.

> Room 5-01 Parklawn Building • [NO FEE FOR WALKERS

• [Health walk ribbon for all finishers • COURSE LAYOUT on back.

Shellie Abramson, HHH, Rm. 625E: (202) 205-4729 Amy Filko, HHH, Rm. 303B: (202) 690-6962

- Metro Park North Buildings
- Bill Price, Rm. E406: (301) 827-6652 - NIH - R&W Activity Desk

Random prizes for all participants  Must be present to Win; bring your DHHS Picture ID  Parklawn is a secure building	Rm. B-1W30, Building #31: (301) 496-6061 Metro IV, Hyattsville Julie Kowaleski, Rm. 7318: (301) 458-4323
IMPORTANT INFORMATION  Runners, walkers, and volunteers must complete and sign a registrate.  Runner/Walker numbers, health and safety sheet, and transporte.  Gafe and successful production of this event requires many volution is staffed with directional and safety marshals. Montgomery Counting BE ALERT AT ALL TIMES.  Gign language services will be provided. For other reasonable and April 19, by phone: (301) 594-6665 (voice/relay).	cation schedule will be provided at the time of registration.  Inteers and your cooperation. The course (Run/Walk) is  ty policy will not let Classic officials stop traffic.
PARKLAWN CLASSIC HOTLINE: (301 VISIT US ON THE WEB: HI Out of respect, all runners must wear shir Future races may be jeopardized i	TP://CLASSIC.DHHS.GOV
	MACHINE COPIES ACCEPTED OFFICIAL USE ONLY
Name (First - skip a space - Last)	

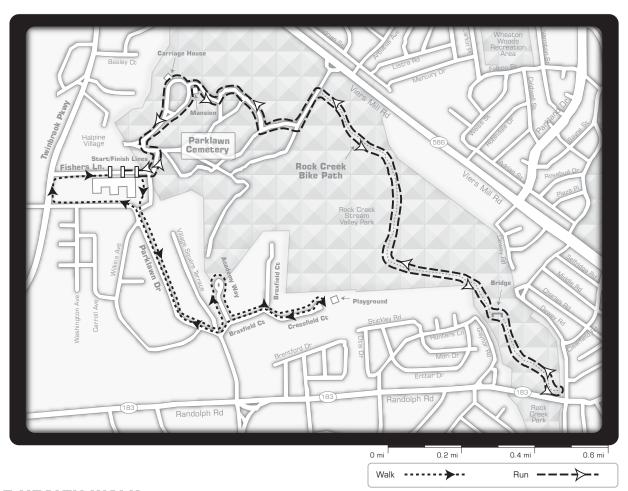
OFFICIAL ENTRY FORM: PARKL	AWN CLASSIC, F	ROCKVILLE, MD	CKVILLE, MD MACHINE COPIES ACC				EPTE	D			OFFICIAL USE ONLY				Y	
Name (First - skip a space -	Last)								·	_						
☐FDA ☐ CDC ☐ HRSA ☐ CM	s os	☐ 5 mi. RUN		<b>O</b> FEM	FOR RUNNERS ONLY:		:	AMOUNT								
ONIH OIHS OPSC OAH	RQ 🖸 SAMHSA	2.5 mi. HEALTH WALK		OMAL	.E AGE ON RACE DAY _					CASHIO CHECK O						
Work Address and Building	Name		•						·			•			•	•
Room Number M	ail Code (if app	licable)	. (	Office	Telepl	none	Numb	er					•			•

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk in this race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely participate. I assume all risks associated with running/walking, including, but not limited to, falls, weather conditions, contact with other participants, and the effects of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the U.S.

Department of Health and Human Services, Bethesda Park, a Condominium Council of Unit Owners, Inc., plus all event partners, sponsors, and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this race, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose without compensation to me. Shirts must be worn at all times.

NO STROLLERS, BABY JOGGERS, SKATES, PETS, OR HEADSETS ALLOWED

SIGNATURE:	DATE:
0.0.0.0.0.0.	



## 2.5 MILE HEALTH WALK

Three upgrade hills of note. START at the north parking lot off Fishers Lane. Proceed along east side of building to Parklawn Drive. Left on Parklawn to Braxfield Court. Left on Braxfield Court to Academy Way. Left on Academy Way around circle, back to Braxfield Court. Left on Braxfield Court around circle to Crossfield Court to end of street. U-turn at end of Crossfield Court. Left on Braxfield Court to Parklawn Drive. Right on Parklawn Drive to Twinbrook Parkway. Right on Twinbrook Parkway to Fishers Lane. Right on Fishers Lane to the FINISH LINE. WALKER AWARDS: All finishers will receive a Health Walk Ribbon.

### **FIVE (5) MILE RUN**

START on Fishers Lane, run through cemetery entrance, bear left, turn left at first intersection (triangle) towards office/mansion, make a sharp right after office/mansion, follow road bearing left at each of the four successive intersections, towards Veirs Mill Rd., turn right onto Rock Creek Park bike path (stay on right side of bike path), continue on bike path to Randolph Rd. turn around at the end of the bike path at the corner of Randolph Rd. and Dewey and return the way you came, at the mansion turn right pass the carriage house and follow road back to the Parklawn Bldg. to the finish line on Fishers Lane.

# **AWARD DISTRIBUTION**

- Trophies to the first three men and women overall, plus medals to the top age- group finishers as follows (no duplicate awards):

Age Group:	01-29	30-34	35-39	40-44	45-49	50-54	55-59	60-99
Men:	1	2	3	4	4	3	3	2
Women:	1	2	3	3	2	2	1	1

### **TEAM COMPETITION**

By Agency. No limit to the number of runners each Agency may enter. Scoring performed by total time of first five males plus three females from each Agency. Runners, by checking Agency Block, are automatically added to the appropriate team roster.